



*When Life Goes Dark: Finding Hope in the Midst of Depression*  
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**Richard Winter**, husband and father of four grown children, is a psychotherapist, counselor and professor of practical theology at Covenant Theological Seminary in St. Louis, Missouri. A native of Britain, he trained in medicine and psychiatry in England and has lived in the United States since 1992. His books include *Still Bored in a Culture of Entertainment* and *Perfecting Ourselves to Death*.

## Learning to rediscover the vibrancy in a life that's gone flat

*What can be done to help those suffering with depression? Richard Winter, in his latest book, When Life Goes Dark: Finding Hope in the Midst of Depression, examines the medical, psychological and spiritual issues surrounding depression.*

### **In his book, Winter addresses questions like:**

- What does the disorder of depression encompass?
- How is depression felt across cultures?
- What makes “severe depression” stand out from “the blues”?
- What does it mean to be happy? Generally, what life situations make people happy?
- How do you find contentment? How does this relate to the Bible?
- How do chemistry, genes and biology affect the impact of depression?
- How does early childhood affect our mood in later years?
- In what ways is there a “satanic influence” on our moods and experiences?

### **When Life Goes Dark will show those affected by depression**

- how the Bible exhibits depression, and how to handle it theologically
- how different depression treatments work, and how they can be used simultaneously
- insights from recent scientific research about depression
- what makes people vulnerable to depression
- what it means to face grief and loss healthily
- how to help those who think suicide is the only option
- what healing can look like
- hope for a future life for yourself or for those you know struggling with depression